



#OPFREE RICHARD WRIGHT

MAN WHO GAVE OUT
FREE CASH NOW IN
MENTAL-HEALTH UNIT **PAGE 3**

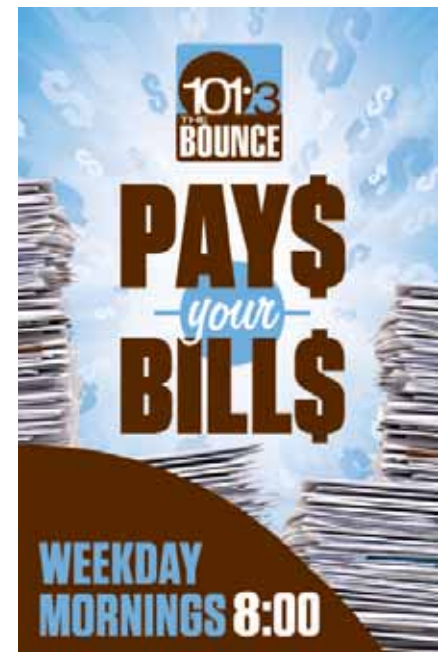


Lululemon exhaling its bad karma

Yoga-inspired apparel company goes
through some soul searching **PAGE 12**

Storm doesn't let up on Rainmen

Halifax gets pounded in Game 5
of NBL series, on brink of
elimination **PAGE 21**



Nurses ready to walk illegally



Nova Scotia Government and General Employees Union president Joan Jessome speaks to the media
at a press conference at the union's head office in Burnside on Monday. JEFF HARPER/METRO

2,500 members. Union
says essential-services
legislation from province
could trigger strike

The president of the union representing nurses in the Capital District Health Authority says her 2,500 members are ready to walk off the job if the provincial government tables essential-services legislation.

"The McNeil government is not going to silence the voices of the nurses," said Joan Jessome, president of the Nova Scotia Government and General Employees Union (NSGEU) at a press conference Monday. "They're going to continue to speak up on behalf of patients."

Mediation between NSGEU Local 97 and Capital Health ended Sunday evening after three days of talks. The union will be in a legal strike position on April 3.

Jessome said there had been movement on some issues, but none on the key point of mandated nurse-to-patient ratios.

She said the ratios will save money by reducing overtime and readmissions and improve patient safety and working con-

ditions for nurses.

Jessome said the nurses feel strongly enough about it to commit to illegal strike action — and she said mass resignations are still on the table.

"You can go into a daycare and they have ratios. You can go into a classroom and they have ratios," she said. "It's irresponsible for this employer and this government not to ... have meaningful discussion on something that's going to create a safer workplace and better patient care."

Nurse Kerri Webster-McIsaac said she's "sickened" by the idea of resigning, but said poor working conditions and

crying, there's nurses not coming into work because they're that stressed out."

Capital Health representatives said the possibility of an illegal strike is "quite concerning."

But vice-president of people services Kathy MacNeil said it's not enough for the health authority to budge on the "polarizing" issue of mandated nurse-patient ratios.

"In jurisdictions that have experimented with those ratios, it was done through a more consultative process through legislation ... not agreed upon in a collective bargaining environment," she said.

Quoted

"People are dying in Capital Health because of error. Their reports tell you that. Forty thousand patient errors in two years and we want to sit back and say, 'We don't have enough money?'" NSGEU president Joan Jessome

the associated impact on patients has reached a crisis point.

"It's awful on some of the floors," said the 25-year veteran, who blamed the deteriorating work environment on a chronic nurse shortage. "There's nurses going home

The provincial legislature is scheduled to resume sitting on Thursday, but neither Jessome nor MacNeil said they'd had any indication of when or if the Liberal government would table essential services legislation.

RUTH DAVENPORT/METRO



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HRM's mystery man having his mental health assessed

Hospital. Richard Wright was giving out free cash to people on city streets



HALEY RYAN
haley.ryan@metronews.ca

A man believed to have handed out free cash across HRM last week has been sent to a Charlottetown hospital for a mental-health assessment, say police.

Sgt. Leanne Butler said Prince Edward Island RCMP received a call for a wellness check on the man, Richard Wright, last Thursday. Butler said the officers spotted Wright driving his car and stopped him for the assessment.

"The officers concluded that the gentleman should go to the hospital for further assessment by a medical-health person," she said.

Butler said he was not arrested or charged because this is not a criminal act.



Richard Wright FACEBOOK



"He was a good guy and he did something good for a lot of people."

Jennifer Corbett

A girl shows off the five-dollar coins her mother got from the mystery man, believed to be Richard Wright. JEFF HARPER/METRO

On Sunday evening, Chelsey Wright posted a photo of her father on Facebook to call attention to what she says has been "unfair" treatment by the hospital and police.

She said Wright was returning to P.E.I. after their family spent March Break in Halifax where he shared "some extra money" with needy people. She said her father had worked hard to save up the funds.

Social media was buzzing about Wright's assessment Monday, with many people calling for his release. A Facebook group was started on Monday morning titled

#OpFreeRichardWright, and had over 1,000 members by early evening.

Health P.E.I. said in a release they cannot comment on specific patients or their care due to privacy reasons.

"A patient is always admitted at the clinical recommendation of a physician who has met with and assessed the patient," said the release.

Pierre Bourdages, spokesman for Halifax Regional Police, said they received a report of suspicious activity in the Elmwood Street area of Dartmouth on March 18, but he couldn't say if the man was Wright.

He said when police pulled over the vehicle, officers called the mental-health crisis team for assistance, but after speaking with him they determined there was no cause for further action.

"I can tell you this individual didn't break any laws," Bourdages said.

Dozens of people in Dartmouth and Halifax reported getting \$50 and \$100 bills from Wright last week. He told them to "thank God" for the act of kindness and pass on the money if they didn't need it.

Jennifer Corbett received \$150 but said his positive comments about how "things will

get better" stuck with her more than the money.

Corbett said she was excited when she saw the photo of Wright on Facebook because she thought she would never see him again.

"I don't think it's fair that this happened," Corbett said Monday morning. "I mean, do you think that people are going to want to do good after this?"

She said she called Wright in the mental-health ward of the hospital on Sunday night to thank him and "give him back a little bit of what he gave me," and he sounded in good spirits.

1 NEWS



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Sentenced. Halifax man gets three years for role in 2006 murder

A 34-year-old former Glace Bay man was sentenced Monday to serve three years in a federal prison after previously pleading guilty to being an accessory after the fact to murder.

John Wayne Hynes, now of Halifax, is also banned from possessing firearms for the remainder of his life and must submit a DNA sample to the national registry.

Supreme Court Justice Frank Edwards also awarded credit for time, 651 days Hynes has spent on remand, which reduces the time to be served to just over a year.

Hynes was charged in connection with the 2006 murder of 21-year-old Brett Elizabeth McKinnon of Glace Bay, who was first reported missing in July of that year and her skeletal remains were found in a



John Wayne Hynes
POLICE HANDOUT

former municipal landfill in 2008.

Another Glace Bay man, Thomas Ted Barrett, is charged with second-degree murder in relation to McKinnon's death. He is scheduled to appear in Supreme Court next month for a status update on his attempt to secure legal counsel. **CAPE BRETON POST**

Found. Missing Halifax teen located in New Brunswick, police say

Police say a missing Halifax teen has been located safely in New Brunswick.

Sixteen-year-old Natassja Stevens had been last seen around 9 a.m. on March 9 in Halifax. Police said she left her Cork Street home and it was believed she had gone to the Truro area for a period of time.

According to a release from the RCMP in New Brunswick on Monday, it was believed Stevens had gone on to travel to Moncton and was still in the city.

On Monday evening, Halifax Regional Police issued a release saying Stevens had been located safe and sound in New Brunswick by Codiac RCMP and that arrangements were being made for her return to Nova Scotia. **METRO**

On the web

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Snowplows, like these on the Hammonds Plains Road during a storm in December, are expected out in force for this midweek storm. **JEFF HARPER/METRO**

Storm gets new bad-news moniker

Getting stronger. Meteorologists say incoming storm Wednesday intensifying fast enough to earn official designation of 'weather bomb'



RUTH
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Environment Canada meteorologists now say Wednesday's storm won't just be bad — it will be a weather bomb.

A low-pressure system is designated as a weather bomb when it intensifies by at least 24 millibars within 24 hours — and meteorologist Tracey Talbot said that's well within reach.

"It's intensifying quite rapidly, so for sure it fits that definition," she said Monday.

The storm remains on track to hit Nova Scotia early Wednesday morning, bringing snow and strong winds. Periods of rain are expected for places east of Halifax.

Talbot said warnings would likely be issued on Tuesday.

"There's going to be a lot of snow and blowing snow,

In numbers

25-40

The range of snowfall amounts in centimetres expected from Wednesday's storm.

so it's going to be quite the mess," she said.

Talbot said forecasters are more concerned about the strong winds associated with the system, which could cause dangerous storm surges.

"Up in through the Gulf of St. Lawrence and through the Northumberland Strait, that

storm surge will probably be peaking later on Wednesday afternoon into Thursday morning, and that could occur at the high tide point," she said.

"There could be some concerns, especially with the ice pack that's up there right now, rafting onto the coast."

Talbot said it's unusual, but not atypical, for Nova Scotia to get a snowstorm after the start of spring.

"Mother Nature I don't think has got the memo," she said.

"It doesn't have to be the dead of winter, obviously, springtime we get these intense storms, too."



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Setting up (sandwich) shop

The Canteen.

New café opens in downtown Dartmouth

People who frequent downtown Dartmouth have a new place to eat in a familiar part of town after the opening of The Canteen sandwich shop on Monday.

You'll find it on Ochterloney Street directly above the popular Two If By Sea Café. Fresh bread baked daily, whole-roasted chickens and local ingredients are only a few of the reasons to stop by and try one of owner Renée Lavallée's made-to-order munchies.

Lavallée, who does monthly family dinners for TIBS on the

lower floor of the building, opened the shop with a desire to bring tasty, local food to her community.

"I live just up the street, I'm already in the building and I already know everybody," said Lavallée while taking a break from a busy opening day on Monday. "The space was for lease so I decided to rent it."

Although Lavallée, who is known as Feisty Chef in the blogging community, has taken time out of the kitchen since starting a family in the past few years, her flair for creating delicious delicacies has remained intact. "The menu is going to change daily, weekly, seasonally, all depending on what we can get," she said.

With a variety of places to eat beginning to pop up all over Dartmouth, Lavallée expects her shop will fill a gap in this new niche.

"There's sort of a lack of something for people middle-aged, two kids, who just want to go eat somewhere easy," Lavallée said of existing Dartmouth eateries. "(People in) offices can come in quick to grab their lunch and have something that is really tasty and fresh."

KAYLYNN PAYNTER/FOR METRO



Renée Lavallée poses for a quick photo on Monday in between orders at her new downtown Dartmouth sandwich shop, The Canteen. JEFF HARPER/METRO

Quoted

"I want to build the community. I like seeing people that I know come in and talk to me and then try something."

Renée Lavallée, on why she decided to open The Canteen.

Municipal budget to be tabled Wednesday, weather permitting

Top municipal officials are preparing to present regional councillors with the 2014-15 operating and project budget.

Despite a looming storm, an optimistic release from the Halifax Regional Municipality (HRM) states that Chief administrative officer Richard Butts will table the documents at council's Committee of the

Online

The budget can be seen online at <http://www.halifax.ca/budget/>

Whole on Wednesday morning.

This year's budget setting process included a first-ever

public engagement component that allowed citizens extensive input.

Residents could join in the budget preparations by commenting during public meetings at the community councils, by commenting during the Committee of the Whole, or by using the online budget allocator. METRO

Two inmates stabbed in jailhouse disturbance: Police

Police in Halifax were called to a disturbance at the Central Nova Correctional Facility in Burnside on Monday afternoon that saw two inmates stabbed.

Halifax Regional Police spokesman Const. Pierre Bourdages said police were called to the jail around 4 p.m. regarding a disturbance involving about 20 people.

Officers determined that during the disturbance two people suffered stab wounds from what is described as "improvised weapons." A 39-year-old man was taken to the Dartmouth General Hospital where he was treated and released, while a 24-year-old man was treated on scene. Police say charges are expected to be laid. METRO



The Central Nova Correctional Facility in Burnside. METRO FILE

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Yue Liu. Former Dalhousie student dies trying to save son

An Ottawa man and former student at Dalhousie University died in a drowning accident while trying to save his seven-year-old son during a family vacation in Cuba last week.

Yue Liu, 40, was swimming at the beach of a Varadero resort with his son, Connor, on March 19, when a giant wave overcame them. Liu held on to his son and tried to keep him above the water level under the strong current. Another Canadian man jumped into the water and managed to grab the boy, but was unable to save Liu.

His widow, Fanyan Bu, was back at the pool with her nine-year-old daughter, Crystal. Her son came running back to say that his dad was gone.

The resort's lifeguard and about half a dozen others jumped into the water, and pulled Liu to shore, but were



Yue Liu CONTRIBUTED

unable to resuscitate him.

It was the day before the family was set to return home to Nepean following their week-long trip.

"My son, he feels guilty because his father dedicated his life to him," said Bu.

Liu and Bu were originally from Beijing, but immigrated to Halifax. They studied at Dalhousie University before moving to Nepean — she in 2008 and he in 2009. Liu worked in IT for the government.

LUCY SCHOLEY/METRO IN OTTAWA

Social housing repairs. Province, federal government invest \$4M

The province and the federal government is investing \$4 million in social housing developments throughout the province for repairs and upgrades to homes, the government announced on Monday.

The two levels of government will cost-share about \$2.5 million to repair and replace roofs, windows, doors and siding. There will also be upgrades to heating systems and floors in public areas of seniors' buildings.

Another \$1 million will go towards various health and safety improvements including sprinkler replace-

Start date

The work is expected to begin later this spring.

ments and upgrades to ensure buildings continue to meet fire regulations. Fire alarms specifically designed to warn seniors will also be installed.

Approximately \$500,000 will be invested to upgrade and replace deteriorated ramps, walkways and parking areas at various seniors' complexes.

METRO

Portland and King

Hits keep on coming in Halifax crosswalks

Police in Halifax have responded to yet another vehicle-pedestrian collision in a crosswalk. The latest incident happened at the intersection of Portland and King street in Dartmouth around 2:15 p.m. on Monday. The pedestrian wasn't seriously hurt. METRO

Kencrest Avenue

Man sprayed with irritant in robbery

Police responded to a robbery in Halifax after a man was allegedly sprayed in the face with an irritant on Monday. The incident happened around 2 p.m. in the 3900 block area of Kencrest Avenue. The victim was robbed of a bag containing cash, medication and personal ID. METRO



Premier Stephen McNeil has not heard back from Ottawa on his request to create a veteran's advocate, the province's deputy minister of intergovernmental affairs said Monday. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

McNeil waiting for response on veteran's advocate

Request. Premier asked Ottawa to create new position after closure of eight regional Veterans Affairs offices

Premier Stephen McNeil has not heard back from Ottawa on his request to create a veteran's advocate, the province's deputy minister of intergovernmental affairs said Monday.

Catherine Blewett said Mc-

Neil sent a letter to Veterans Affairs Minister Julian Fantino on Feb. 25 asking him to establish the position following the closure of eight regional Veterans Affairs offices.

"We've received no response," Blewett told the provincial legislature's standing committee of veterans affairs.

She said her department was running into similar problems following a request for information from the federal department on the potential effects the closure of the Sydney, N.S., office will have on veterans.

Blewett said the province wanted to understand the demographics of veterans, what conflicts they served in, where they live and what kind of government services they are using.

"They are not getting back to us," said Blewett. "I got a very perfunctory, 'Your request is in the system' sort of email."

Blewett said while Nova Scotia will do what it can to help, the constitutional responsibility for veterans lies with the federal government and the province won't appoint its own advocate.

Fantino's office said in an email that a federal Veterans Affairs expert is in Sydney to help veterans with details on what services are available to them, such as monthly financial benefits and retraining.

The former Sydney office dealt with some 4,200 client files, according to the union for Veterans Affairs workers.

In his letter to Fantino, McNeil said that creating a veteran's advocate would be a positive step for Ottawa to take in light of the office closures, which occurred at the end of January.

THE CANADIAN PRESS

Province creates council on home care

The Nova Scotia government is setting up an eight-person advisory council to help it improve home care, long-term care and protective services.

Health Minister Leo Glavine says he wants to hear from friends and families of those that rely on the services.

The government says

about 36,000 people a year access the services in their homes, residential care facilities and in nursing homes.

Four members of the ad-

visory council will be either current or former clients of the services, and the other four spots will go to caregivers.

THE CANADIAN PRESS

Dalhousie nursing students get close to experiencing the real deal

Technology. New human-like simulators help nursing students feel the adrenaline of a real emergency

MELISSA HEALD
halifax@metronews.ca

In the world of medicine, there are no second chances at saving a patient's life.

But with the help of a tool at the Dalhousie School of Nursing's new simulation lab, students are doing just that.

Taking part in a simulated cardiac arrest, staff members and students demonstrated the school's new SimMan 3G on Monday.

"It's a very important (tool) so students can learn what to do in critical situations," said Kathleen MacMillan, the director for the School of Nursing.



From left, Kim Hebert, Ateka Yagjoubi, Alexandra Hebert and Kathy Johnston perform CPR on a computerized mannequin at Dalhousie University, Monday. JEFF HARPER/METRO

The SimMan 3G is a wireless high fidelity simulator that can breathe, blink, talk and perform many functions that can help immerse students in a real

life emergency situation. "When we talk about high fidelity, we mean real, we mean truthful. What you learn when you are emotionally engaged in

the scenario is very powerful learning," added MacMillan.

Third year nursing student Alexandra Hebert thought it was exciting to use a piece

of technology that simulates working on an actually person.

"Hearing the patient is very different because we are used to mannequins that don't have

High fidelity simulator

"When we talk about high fidelity, we mean real, we mean truthful."

Kathleen MacMillan, director, Dalhousie School of Nursing, describing the SimMan 3G

any breathing or dilatation or able to take in drugs or speak in general," said Hebert.

The lab also has simulators of a pregnant woman, a newborn, an infant and a child.

For students, it's not just an opportunity to experience a real life emergency but to experience inter-professional collaboration as well, said MacMillan.

"We make it as real as possible, so the students feel the anxiety and the worry they would in a real situation and get a sense of the adrenaline," said MacMillan. "And then they remember it. They remember it very much."



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FREE PUBLIC LECTURE

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Internationally-acclaimed speaker Jackson Katz will discuss the role of media in shaping social norms, how social norms can contribute to sexual and domestic violence, and the importance of understanding – and changing – our cultural environment that condones or promotes sexism and violence. Dr. Katz (PhD) is a lecturer, educator and author who speaks internationally on violence, media, and masculinities. He is a pioneer in the fields of gender violence prevention and education, and critical media literacy. Katz co-founded Mentors in Violence Prevention (MVP), one of the original "bystander" programs. The widely influential MVP has been implemented by schools, community organizations, all branches of the U.S. military, and is the most used sexual and domestic violence prevention initiative in college and professional athletics in North America. Katz is the creator of the films *Tough Guise* and *Tough Guise 2*, and author of *The Macho Paradox* and *Leading Men: Presidential Campaigns and the Politics of Manhood*.

Who Should Attend: Anyone interested in preventing gender-based violence -- parents, students, teachers, faculty members, sports/athletics leaders, community leaders, law enforcement members, service providers, concerned citizens.

For More Information on Jackson Katz visit www.jacksonkatz.com

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Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The Chicago Transit Authority train operator, who was still hospitalized, will be interviewed, DePaepe said, and investigators will examine her routine over the last few days.

The timing of the crash — just before 3 a.m. Monday — helped avoid an enormous

disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Denise Adams, a passenger on the train, described the impact to the Chicago Sun-Times.

"I heard a 'Boom!' and when I got off the train, the train was all the way up the escalator," she said. "It was a lot of panic."

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS



A Chicago Transit Authority train car rests on an escalator at the O'Hare Airport station after it derailed early Monday in Chicago, injuring more than 30 people.

KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS



Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for Canadian sanctions over Russia's annexation of the Crimea region of Ukraine. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Quoted

"Canadian officials named today by Russia aren't oligarchs or threatening to annex parts of peaceful neighbours by military force."

Statement by the Department of Foreign Affairs, on Russia slapping an entry ban on 13 Canadian lawmakers and officials, in retaliation for Canadian sanctions over Russia's annexation of Crimea.

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague, where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour."

"Any country who thinks that in the 21st century you

can simply rewrite the borders of Europe is wrong, and it's of deep concern," Baird said.

"None of the people listed today are threatening the territorial integrity or sovereignty of the Russian Federation. I think it also says we've certainly got the attention of those in the Kremlin."

Russian retaliation was bound to come, said NDP Leader Tom Mulcair.

"It's a sign that we are heading into an era of much chillier relations, but it was predictable. And frankly, if that's the price to pay to start sending a message to Putin, so be it." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

G8 on hold until Putin 'changes course'

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the Group of Eight until Russia "changes course."

In a joint statement, the G7 nations say they will instead meet without Russia.

The move is aimed at isolating Moscow as punishment for its annexation of the Crimean peninsula from Ukraine.

The G7 nations have issued the statement following an emergency meeting today in the Netherlands.

The gathering began on the sidelines of the Nuclear Security Summit, and went about a half hour longer than expected.

Earlier in the day, Harper said economic concerns will have to take a back seat as the West determines how to re-

spond to Russian aggression.

"Within the context of Canadian foreign policy, we will do what we can to maximize the commercial opportunities for our firms," the prime minister told a roundtable with Dutch business representatives.

"But," he continued, "we will not shape our foreign policy to commercial interests." THE CANADIAN PRESS

TOP
SIX@6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Classified ft B.o.B Higher
- 5 Pharrell Williams Happy
- 4 Magic Rude
- 3 Katy Perry ft Juicy J Dark Horse
- 2 Beyoncé ft Jay Z Drunk In Love
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Prime Minister Stephen Harper speaks at The Hague, Netherlands, Monday.
SEAN KILPATRICK/THE CANADIAN PRESS

Despair. Grief takes over hope for family members

Relatives shrieked and sobbed uncontrollably. Men and women nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word late Monday in an announcement from Kuala Lumpur, saying there was no longer any doubt that Flight 370 went down in the southern Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the Lido hotel with several



A relative cries in Beijing, Monday.
NG HAN GUAN/THE ASSOCIATED PRESS

stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance.

THE ASSOCIATED PRESS

What we know. Tragedy confirmed, but little else

THE PLANE CRASHED:

Malaysian Prime Minister Najib Razak said satellite data showed Flight MH370 "ended in the southern Indian Ocean," confirming the plane that disappeared more than two weeks ago went down in a remote corner of the ocean.

ITS LAST POSITION: A British company calculated satellite data obtained from the remote area of the ocean, using analysis never before used in an aviation investigation of this kind, and pinpointed the last spot the flight was seen in the air was in the middle

Acceptance

"We accept the news of the tragedy. It is fate."

Father of an aviation engineer who was travelling on the flight, after listening to the statement of the Malaysian prime minister.

of the ocean west of Perth, Australia.

NO SURVIVORS: Najib left little doubt that all 239 crew and passengers died; the father of an aviation engineer on the flight said, "We accept the news of the tragedy. It is fate." THE ASSOCIATED PRESS



Malaysian Prime Minister Najib Razak speaks during a press conference about the missing Malaysia Airlines Flight MH370, in Kuala Lumpur, on Monday.
JOSHUA PAUL/THE ASSOCIATED PRESS

Flight 370 crashed, Malaysian PM says

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

Quoted

"I must inform you that, according to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday night, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft and why.

Dressed in a black suit, Prime Minister Najib Razak announced the news in a brief

statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with

239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

The search is now considered a race against time because of the battery life of the "pinger" in the plane's black box, which may run out in the next two weeks.

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Egypt. Hundreds sentenced to death after defence barred by judge

An Egyptian court sentenced to death on Monday 529 people accused of an attack on a police station that left one policeman dead, in a mass trial that lasted only two sessions and raised an outcry from rights activists.

The verdicts against the men, said to be supporters of ousted president Mohammed Morsi, are subject to appeal and would likely be overturned, rights lawyers said.

But they said the swiftness and harshness of the rulings on such a large scale deepened concerns that Egypt's courts have been deeply politicized and that due process is being swept away amid the crackdown on Morsi's Muslim Brotherhood that followed his July overthrow.

Amnesty International said it was the largest single batch of simultaneous death sentences they had seen in recent years anywhere in the

world.

The Egyptian Foreign Ministry said in a statement that the country's judiciary is "entirely independent and is not influenced in any way by the executive branch of government."

The court held two sessions. In the first on Saturday, the judge angrily shouted down requests by defence lawyers for more time to review the prosecution's case for the hundreds of defendants.

In Monday's session, security forces barred defence lawyers from entering the courtroom on orders from the judge. All but around 150 people were tried in absentia. Human Rights Watch spokesman Sarah Leah Whitson said the verdicts are the end result of a judicial process that gave defendants no access to their basic rights.

THE ASSOCIATED PRESS

Testimony

Texts suggest girlfriend feared Pistorius

Oscar Pistorius and Reeva Steenkamp argued fiercely in the turbulent weeks before he killed her, and the athlete's girlfriend told him she was sometimes scared by his behaviour, which included jealous outbursts in front of other people, according to phone messages revealed at the Olympian's murder trial on Monday.

"I'm scared of u sometimes and how u snap at me and of how u will react to me," Reeva Steenkamp

texted Pistorius, in a message read in court by a police captain.

In another message, Steenkamp wrote to the double-amputee runner: "I can't be attacked by outsiders for dating u AND be attacked by you, the one person I deserve protection from." In Steenkamp's message about being scared of the athlete, she also added: "You make me happy 90% of the time and I think we are amazing together."

The data on Steenkamp's phone would print to more than 35,000 pages, said the police captain. The officer is expected to return to the witness stand on Tuesday. THE ASSOCIATED PRESS

Mudslide death toll rises, dozens remain missing



Volunteers Frank and Rhonda Cook watch as a body they recovered Sunday afternoon is lifted into a helicopter on the east side of Saturday's fatal mudslide near Oso, Wash. GENNA MARTIN/THE HERALD/THE ASSOCIATED PRESS

The list. Construction workers coming into the area and people just driving by are among those thought to be missing

The search for survivors of a deadly Washington state mudslide grew Monday to include more than 100 names of people who were reported missing or were unaccounted for, but authorities cautioned the figure likely would decline dramatically.

Still, the size of the list raised concerns the death toll would rise far above the 14 people who have been confirmed dead, a figure that rose by six on Monday. The slide Saturday swept through part of a former fishing village about 90 kilometres northeast of Seattle. Several people were critically injured. About 30 homes were destroyed, and the debris blocked a 1.5-kilometre stretch of state highway.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

Adding to the worries was that the slide struck Saturday morning, a time of the weekend when most people are at home. Of the 49 structures in the neighbourhood hit by the slide, authorities believe at least 25 were oc-

cupied full-time.

Frequent, heavy rainfall and geography make the area prone to landslides. Authorities believe Saturday's slide was caused by ground made unstable by recent rainfall.

The slide blocked the North Fork of the Stillaguamish River, which is continuing to back up, officials said. At least seven homes are now flooded.

Washington Gov. Jay Inslee described the scene as a "square mile of total devastation" after flying over the disaster area midday Sunday. He assured families that everything was being done to find their missing loved ones.

The North Fork of the river is finding its way through the mudslide, as expected. "It's good news," said Steve Thompson, public works director for Snohomish County.

Bruce Blacker, who lives just west of the slide, doesn't know the whereabouts of six neighbours. "It's a very close-knit community," Blacker said Sunday as he waited at an Arlington roadblock before troopers let him through.

The search included the Washington State Patrol and the Army Corps of Engineers. "You can't live here without knowing someone who is unaccounted for," said Linda Byrnes.

Washington Gov. Jay Inslee described the scene as a "square mile of total devastation." He assured families that everything was being done to find their missing loved ones.

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Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out \$62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit



MELISSA DUNNE
melissa.dunne@metronews.ca

"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at \$49.32 US Monday — down from its June high of \$82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open

off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was \$1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pillaging pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a market-

a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together,"

ing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking \$16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went

says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were \$25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge \$82 and up for women's pants made of its Luon nylon-and-lycra blend fabric because

A different kind of branding

- Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank. Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.

- Ambassadors get free clothes, plus free promotion in-store and online. The model has been such a hit that other brands, such as rival Lolë, now have similar programs.

- Lululemon also offers free yoga classes. Held twice a week at their stores, anyone can join.

devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a ":(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

There's no housing bubble to burst: Conference Board

New report.

Contrary to many reports, the think-tank says our real estate market is not too hot

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued.

Rather, the report argues that with the possible ex-

Outlook

The Conference Board provides an outlook on six major cities, including:

- **Ottawa.** Market cooling due to falling employment from the government sector, flatter sales and tempered prices.
- **Montreal.** Flirting with buyer's market conditions with sales and average prices having dropped somewhat last year.

ception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

Even in Toronto, there is only a "borderline" case that

it could be overbuilt.

"At this point in the housing cycle, there is a risk that Canadian housing prices in some market segments are due for a modest correction," the report states.

There is a case for more dramatic price adjustment further out if higher mortgage rates start crimping affordability, the Conference Board says, but even then it is likely to be a soft rather than a hard landing.

In recent years, some economists and international organizations such as the OECD, the IMF, Deutsche Bank and The Economist magazine have described Canada's housing market in stark terms, characterizing it as among the priciest in the world based on historical averages and other metrics.

THE CANADIAN PRESS



Vying to be king atop a new porcelain throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 72,000 tons of human waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. TSERING TOPGAL/THE ASSOCIATED PRESS

Market Minute



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Mobile-game maker

How sweet will Candy Crush co.'s NYSE debut be?

King Digital, the company behind Candy Crush Saga, is set to make its debut on the New York Stock Exchange this week. THE ASSOCIATED PRESS

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North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle.



SHE SAYS
Jessica Napier
metronews.ca

without it.

I miss my old countertop microwave approximately twice a

month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

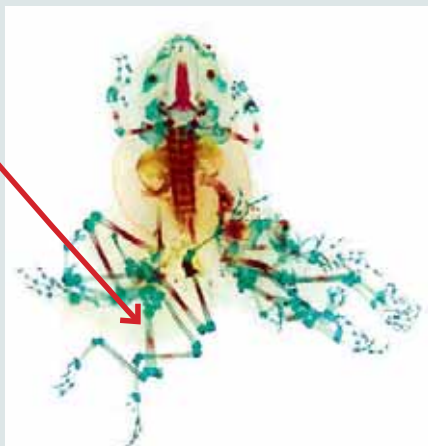
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ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. **METRO**



COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy



BRANDON BALLENGÉE
Artist/biologist,
39, based in New York and Montreal

What kind of deformities do these frogs have?

The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?

In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psycholog-

ically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?

The specimen preparation does allow for a level of abstraction, while at the same

time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pumelled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised \$3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

#manupandmakeup:

A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:

Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While \$0.25 per mile may not seem like much, for the average marathoner it works out to more than \$500 per year. On Android and iOS.

One Today:

The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just \$1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital

brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

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DVD review



The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture *The Wolf of Wall Street* is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette.

PETER HOWELL

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky.

Avenger role takes on new depth in latest Captain America



NED
EHRBAR

Metro World News in Hollywood

Captain America: The Winter Soldier is obviously a Captain America (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in *Avengers*, and we saw a little bit of her backstory — we'll see more of that in *Avengers 2*. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's Captain America. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson



Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Black Widow not as clear cut a good guy as Captain America



"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."

Scarlett Johansson

says, though she does admit those grey areas make the job that much more interesting.

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart.

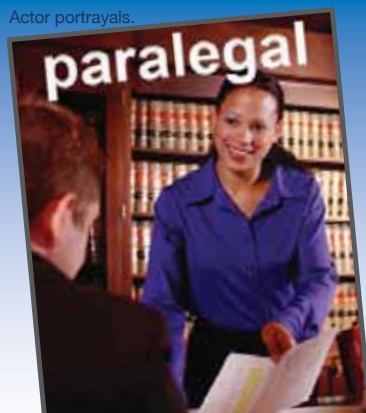
She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I al-

ways say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

2
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Aniston's fiancé always Justin time to bum skin creams

Jennifer Aniston is learning the hard way that sharing your life with someone sometimes means sharing your beauty products, too. The former Friends star admits to E! Online that fiancé Justin Theroux has a tendency to sample her skincare products. "It's hysterical. What product doesn't he try to hijack?" she says. "He's good to his skin, that's for sure. It's always, 'What are you using, what is that?' It's cute."



Kanye, Kim and North in April's issue of Vogue. SCREENGRAB

On reflection, we're all sure you're a vampire ... fangs for scaring us, Kanye!

Is Kanye West a vampire? The Twitterverse certainly thinks so. BuzzFeed editor Katherine Miller was one of the first to notice that a photo from Vogue's spread on West, Kim Kardashian and baby North seemed to show that the rapper has no reflection. In the photo, Kardashian and her baby are standing in front of a mirror taking a selfie with her iPhone. West stands in front of them, taking another photo of the pair with his iPad. The problem is, the entire family seems to vanish in the mirror.

It's plausible that Kardashian is blocking her own reflection, but then what happened to West, and what's more, the photographer? Moreover, as many eagle-eyed commenters on Jezebel pointed out, the photo on West's iPad doesn't even match the angle from where he's standing, and it's unlikely the photo of the screen would be that sharp. It's clear that there has been some heavy photo-editing on the photo, which led a few users on Twitter to make their own amendments.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were wor-



ried that the child might be born to an inflexible mother, worry no more — Kunis has recently been

spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.

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Solstice is a tiny 2-year-old female who isn't ready to be picked up and cuddled just yet...but she does enjoy a scratch on the head and chin. She lets you know with a purr that she appreciates the loving touch. Although Solstice is shy, she is adapting well to her new indoor life. Her right ear has a nick serving as a reminder of the challenges stray and outdoor cats face. She will likely come out of her shell more as she settles into her new home. Solstice is awaiting your visit.



For more information on Solstice and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA
SZYDLO
life@metronews.ca

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today? I have not met a person yet who regrets forgiving.'"

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because



Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOHNINE

it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

A growing body of research is finding health benefits to forgiveness. A study by the

Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants

said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards.

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."

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Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold.

Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

2. Layer 4: Using the same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use the same pan to make blueberry drizzle with any remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter.

4. Layer 7: Use leftover mashed potatoes or double up on the sweet potato layer.

5. Blueberry Drizzle Reduc-



This recipe serves six. BLOOJUICE.COM

tion: Simmer with a whisk until combined and slightly thickened. Set aside.

6. Layer assembly: Use an empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons of hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed

sweet potato mixture, smooth out with spoon. Add roasted peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create a very smooth top. Gently place the lid ring on top and firmly press before you slide the can upward over the veggie tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRI-**

TIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY BLOOJUICE.COM

Ingredients

Layer 1

• Hummus

Layer 2

• 1/2 cup (125 ml) Bloo blueberry Juice

• 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3

• 2 cups (500 ml) plain goat cheese at room temperature

Layer 4

• 8 Cups (2000 ml) baby kale / spinach mix

• 1/2 cup (125 ml) Bloo blueberry Juice

• 1/2 tsp (2.5 ml) salt

Layer 5

• 2 medium sweet potatoes peeled

• 2 tbsp (30 ml) unsalted butter

Layer 6

• 1 jar roasted red pepper strips

Layer 7

• Leftover mashed potatoes

Layer 8

• Micro greens or edible flowers

Blueberry Drizzle Reduction

• 1 cup (250 ml) Bloo blueberry juice

• 1 cup (250 ml) red wine

• 1 tbsp (15 ml) balsamic vinegar

• 1 Tbsp (15 ml) unsalted butter

Health Solutions

When being blue feels right

I have fallen in love with blueberry juice.

Generally, it isn't advisable to drink any juice by the cupful (or in half gallon cups!) but this stuff is so potentially full of anti-oxidants and flavour that I had to find out more.

Bobby Kidston, a blueberry farmer and co-owner of Country Magic Farm who makes the brand Bloo in Nova Scotia, explains why this stuff tastes like blueberry pie without the sugar and the caloric crust. "Bloo is not from concentrate, it's made through our proprietary process to maintain as many anthocyanins as possible and it's 100 per cent pure blueberry juice, nothing else," he says.

The anthocyanins — which are the pigment in blue, purple and red fruits — are what makes blueberries the most potent (and the most studied!) fruit.

They are a

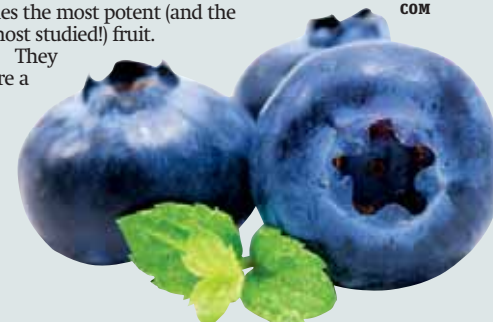
highly effective compound anti-oxidant that has been shown to protect everything from eyesight to diabetes.

But you don't want more than a shot glass full of the juice; it is still sugar, albeit natural. Your best bet is to use blueberry juice in cooking. Here are other ideas:

- A shot in smoothies
- As a reduction in sauces and dressings
- To poach pears or apples for dessert
- In cocktails in place of simple syrup or vermouth
- As the liquid in pancake mix

Generally, eating the whole fruit is best and a handful of blueberries is an excellent snack, treat, dessert, but the heart wants what it wants.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Overnighters. Wake up to a new experience



Attending an overnight camp is seen as beneficial for a child's growth. RACORN/SHUTTERSTOCK

Is this your child's first year at a sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

Know it helps them

The Canadian Summer Camp Research Project was recently completed out of the University of Waterloo and it's a three-stage process inter-

viewing camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It

helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

Start slow if you need to

Many sleepaway camps start at the age of eight years old.

"But some camps do a short-term overnight — so a two-night,

three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the weekend there. Often, if they are familiar with where they are going, it's not so scary to go away on their own."

Buddy up

"It's certainly easier on the kids if they go with a buddy,"

Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

FYI about the counsellor

Don't forget to reiterate to your child that their counsellor will understand what to expect at camp.

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Focus on child's interests

ASTRID
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For Metro

There's baking camp. French camp. Soccer camp. Swim camp. How exactly can you pick what's right for your child?

Here's how to figure out where is the best place for your child to spend their sweet summer days.

Ask around

Ask neighbours and other parents for camp recommendations. "Often that's your best bet, to get a first-person recommendation from somebody," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association.

You may even want to ask at your child's school — some home and school associations collect recommendations and put out lists of suggested camps.

Get your child involved

"Bring them into the discussion about the types of programs they may be interested in," says Derek Mitchell, president of the Halifax-based Camping Association of Nova



Using various resources will make it easier for you and your child to choose a summer camp that is a good fit. AUREMAR/SHUTTERSTOCK

Scotia & Prince Edward Island. Sounds obvious, but not all parents do it.

Consider their interests

"If they are interested in something — a lot of girls, for example, want to go to horse camp — then you can pick, more specifically, a camp where they'll spend a lot of time with horses," Dell'Anno said.

That said, not every child has specific interests to pursue. "If they're not focused in on something they really,

really want, pick a camp that has a wide range of activities," Dell'Anno said.

Look for accreditation

"As the executive director of the Alberta Camping Association, we have standards that all of our member camps follow regarding safety, training, risk management and more," Dell'Anno said. "And since every province has a camping association, I'd suggest looking for the one in your province to look through their member camps."

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Trying to keep their balance

QMJHL. Mooseheads coach looking for more of same as series switches to P.E.I.



ANDREW RANKIN
andrew.rankin@metronews.ca

At this point, Dominique Ducharme has little to complain about.

That's understandable, after the Halifax Mooseheads' bench boss witnessed his squad lay down the hammer in its opening playoff victories against the Charlottetown Islanders at home over the weekend.

Things have played out as expected thus far. The No. 2-seed Mooseheads fired on all cylinders in a 6-3 victory on Friday, and Saturday's 7-1 pounding of the No. 15-ranked Islanders, to take a 2-0 lead in the best-of-seven series.

"We're just playing better

Quoted

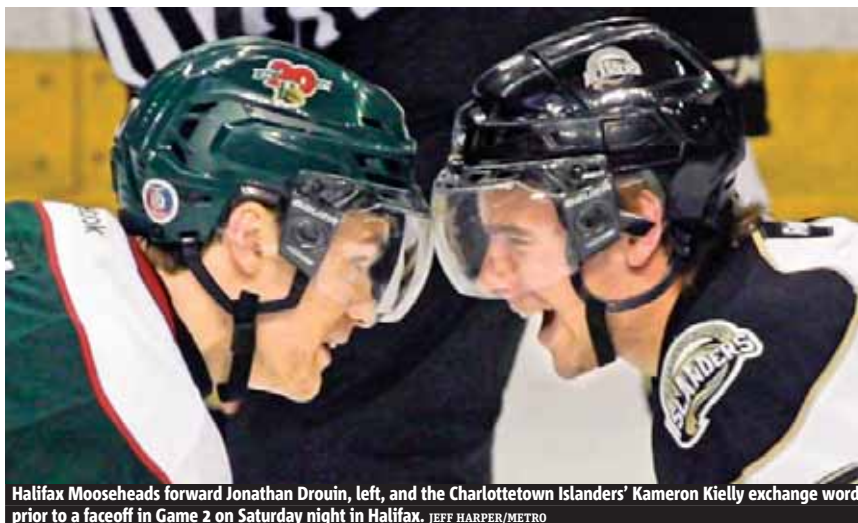
"We did our job at home, now we want to do it on the road."

Mooseheads coach Dominique Ducharme

and better," said Ducharme. "We're playing as a team."

Production has come from likely sources. The Herd's top scorers Jonathan Drouin, Nikolaj Ehlers and Philippe Gadoury have combined for 14 points. But others, like rookie forward Danny Moynihan and Dartmouth's Andrew Shewfelt, who have scored twice and added an assist so far, have stepped up too, not to mention Mooseheads defenceman MacKenzie Weegar, who has quietly racked up five assists.

"I find everyone is competing hard," added Ducharme. "Everyone is doing a good job. We have a job to do, to win four games and that means working hard every night, bat-



Halifax Mooseheads forward Jonathan Drouin, left, and the Charlottetown Islanders' Kameron Kielly exchange words prior to a faceoff in Game 2 on Saturday night in Halifax. JEFF HARPER/METRO

ting every night. We did our job the first two games and we're prepared for tomorrow."

Already an intense, physical affair, the intensity will surely rise as the series shifts to Charlottetown for Games

3 and 4, on Tuesday and Wednesday at 7 p.m.

Both games are being carried live on Eastlink TV.

Ducharme and Co. are ready for battle.

"We don't take anyone

lightly," he said. "We're competing hard."

"The intensity will continue to get higher. Paying attention to details becomes really important, but so far they are adapting well."

Rainmen crushed by Storm, face must-win



Raven Barber of the Rainmen tries to get past Jeremy Williams of the Storm during Game 5 of their NBL Canada semifinal series in Charlottetown on Monday night. CHARLOTTETOWN GUARDIAN

The Island Storm exploded for 41 points in the third quarter to trounce the Halifax Rainmen 129-90 in National Basketball League of Canada playoff action Monday in Charlottetown.

The Rainmen went cold in the third under rugged Storm defence putting up just 19 points in the period after trailing 59-44 at halftime.

That and Storm point guard Adrian Moss, who went for a triple-double, gave the Storm a 3-2 lead in the best-of-seven Atlantic Division final.

"We just got our ass kicked. Simple as that," said Rainmen assistant coach Ron Sellers.

Up next

Game 6 is Wednesday at the Halifax Metro Centre at 7 p.m.

"Nothing else to say. They have a guard, five-foot-six with a triple-double with more heart than our team. They were mentally tough. Our players weren't mentally tough."

Moss had 17 points, including the first eight points of the decisive third quarter, 15 assists and 10 rebounds, and played smart ball while running the

point, driving to the basket at opportune times and dishing when needed.

But Moss points to his head coach Joe Salerno's modifications after losing Game 4 in Halifax on Sunday.

"We just turned it up a notch. Coach really preached (Monday morning) that we could go a little harder, that we could deny them the ball harder and not make it so hard for us," said Moss. "Great adjustments. What he said in the morning was what we did in the game. Got to give him all the credit."

CHARLOTTETOWN GUARDIAN



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4 SPORTS

NHL. Sackville tough guy Boulton sticking with Isles

Sackville's Eric Boulton has himself a new contract with the New York Islanders.

The 36-year-old veteran forward has signed a one-year extension with the Islanders for the 2014-15 campaign.

According to capgeek.com, the deal is worth \$650,000, plus \$125,000 in performance bonuses.

Boulton, who has played in 627 NHL games, has seen limited action with the Islanders this season, playing in only 23 games. He has two goals, two assists and 88 penalty minutes.

PHILIP CROUCHER/METRO



Sackville's Eric Boulton GETTY IMAGES

MLB

Reyes to have MRI on hamstring

Blue Jays shortstop Jose Reyes, who left Saturday's game due to left hamstring tightness, will have a precautionary MRI exam.

Manager John Gibbons said he has no concerns about Reyes being ready for opening day.

THE ASSOCIATED PRESS

Women's hockey

Canada crushes Finland 7-0

Eve-Audrey Picard had a three-point game and Shea Tiley made 22 saves as Canada shut out Finland 7-0 on Monday at the under-18 women's world hockey championship.

Picard had a goal and two assists to help Canada improve to 2-0 at the tournament. THE CANADIAN PRESS

Lawsuit. Ex-Canucks owner will have to testify in Steve Moore's case

The former owner of the Vancouver Canucks will have to testify live via video conferencing about the infamous on-ice attack from behind that ended the pro career of rookie hockey player Steve Moore a decade ago, an Ontario court decided on Monday.

In his 23-page decision,

Master Ronald Dash ruled John McCaw Jr. has relevant evidence to offer when Moore's lawsuit gets to trial, slated to start in September.

Moore is suing Todd Bertuzzi, who delivered the horrific from-behind blow, and the NHL's Canucks for \$38 million. THE CANADIAN PRESS

Strong arms don't always make closers

Results may vary.

Recent baseball history has seen a number of pitchers enjoy success at back of bullpen, but only for a limited time

One-season wonders

From 1969, when the save first became a statistic, until 2003 there was not a single occurrence of a pitcher who had exactly one 30-save season and no other, according to STATS.

- In the last three years, seven pitchers have reached 30 saves for the first time and it remains to be seen whether they will do it again: Sergio Santos (2011), Drew Storen (2011), Jordan Walden (2011), Tyler Clippard (2012), Jason Motte (2012), Jason Grilli (2013) and Edward Mujica (2013).

- Going a little farther back, that list also includes Toronto's Miguel Batista (2005) and Jeremy Accardo (2007).

Some relievers thrive when they move into the huge ninth-inning spotlight and some fizzle. And others turn into one-year wonders.

They can be a Jimmy Fallon, earning raves, a Conan O'Brien deflecting razzes or one of those single-season phenoms that's increasingly common, a bullpen Halley's Comet that gets all the attention one summer and disappears the next.

After a half-decade as Mariano Rivera's understudy in the New York Yankees' bullpen, David Robertson feels ready for his move to the big time.

"I'm hoping it's more fun," Robertson says. "You get to high-five with everybody at the end of the game instead of just running in the dugout and going, 'OK, Mo's coming in. I'm going to go get undressed and get ready to high-five him when he comes in the clubhouse.'"

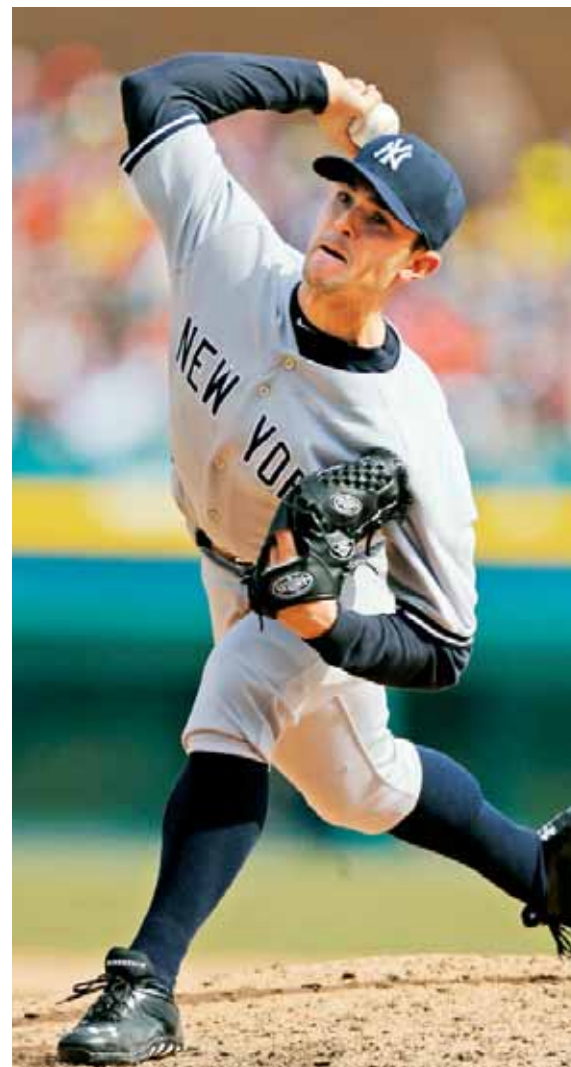
Top closers are baseball's rock stars — tied to their entrance music and their oversized persona, whether of chaos or cool. It's hard to think of Rivera without Metallica's Enter Sandman or Trevor Hoffman divested of AC/DC's Hells Bells.

But for every success there are multiple failures, especially these days when the managers and front-office executives feel

intense pressure for their teams to produce right from the season's start and every single night.

Hence, the reliever who goes from obscurity to supremacy and back.

"In the case of relievers, if you check the history it's kind of a natural wave of things," Baltimore Orioles pitching coach Dave Wallace says. "A lot of guys have a real good year, or maybe two good years, and then they maybe hit a bump in the road for a year or two. That's what makes Trevor Hoffman, Mariano, those type of guys special because they've done it over a long period of time." THE ASSOCIATED PRESS



With the retirement of Mariano Rivera, David Robertson steps into the role of the Yankees' closer. GETTY IMAGES FILE

Tiger in jeopardy of missing the Masters



Tiger Woods speaks during a news conference on Monday in Washington. SUSAN WALSH/THE ASSOCIATED PRESS

Tiger Woods is not sure whether his ailing back will allow him to play in the Masters, which is two weeks away.

"For Augusta, it's actually still a little too soon, to be honest with you," Woods said Monday at a news conference to announce that Quicken Loans is the new title sponsor of his golf tournament. "That's kind of the frustrating thing about this."

The Masters is the only major tournament the 38-year-old Woods has never missed. Four of his 14 major championships

came at Augusta National, including his first in 1997. He last won the green jacket in 2005.

This year's Masters is April 10-13.

Woods is off to the worst start of his 18 years on tour, and he's been troubled lately by back problems.

He stopped playing in the final round at the Honda Classic on March 2 because of what he called back spasms and pain in his lower back. He tried to defend his title the following week at Doral, only for his

back to flare up again in the final round, when he shot a 78, the highest Sunday score of his PGA Tour career and his first closing round without a birdie.

Then last week, Woods withdrew from the Arnold Palmer Invitational because of persistent back pain.

"I've had a couple weeks off and getting treatment and just working on trying to get ready for Augusta," Woods said Monday. "As of right now, it's still too soon, which is, as I said, pretty frustrating."

THE ASSOCIATED PRESS

Pain in the back

This has been the longest sustained problem Woods has had with his lower back.

- He first showed signs of back pain at Bethpage Black at The Barclays in 2012, which he attributed to a soft bed at his hotel.
- Woods then felt twinges during the final round of the PGA Championship last year, and when his back bothered him in the final round of The Barclays two weeks later, he said it was unrelated.

Horoscopes

Aries

March 21 - April 20

As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

Taurus

April 21 - May 21

The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

Gemini

May 22 - June 21

Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

Cancer

June 22 - July 23

You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

Leo

July 24 - Aug. 23

You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

Virgo

Aug. 24 - Sept. 23

Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

Libra

Sept. 24 - Oct. 23

Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

Scorpio

Oct. 24 - Nov. 22

You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

Sagittarius

Nov. 23 - Dec. 21

The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

Capricorn

Dec. 22 - Jan. 20

Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

Aquarius

Jan. 21 - Feb. 19

With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

Pisces

Feb. 20 - March 20

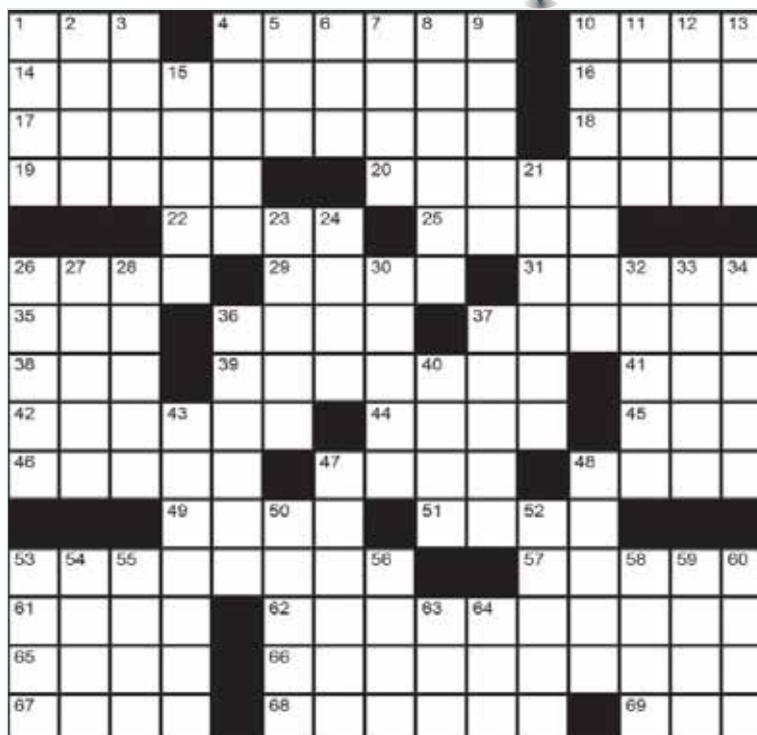
Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Ms. Stubbs of "Sherlock", on Showcase
- Mr. Bumble's gig in Oliver Twist
- Wit
- Canada's ___ (1967's significance)
- Place
- 75th Anniversary! Coffee Crisp's slogan: 'makes a nice ___'
- Concept
- ___ Bay, BC
- '90s comedy series
- Blinkers
- ICU part
- Smart
- Clever remark
- Skeleton segments
- Casino cube
- Catapult
- Warm ocean current: 2 wds.
- Boat's blade
- Princess Beatrice's sister
- Islet
- Hull and Orr
- "Happy ___" (2006)
- Helios' 'H'
- Magazine piece
- Needle case
- War god
- Benchmark
- Stable offspring
- Ontario: ___ Falls, 'The Garden Town of the North'
- "...it ain't ___ / I wanna see..." - *NSYNC, "Bye Bye Bye"
- "Shark Tank" ty-



coon Daymond John's clothing line
Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
Tropical destination
New ___ Party of Canada

Broadway tune: "All ___ Jazz"
Anvil-user's workshop
'Fool' suffix

Down

- Sch. in The States
- Mr. Peart of #54-Down

Brad's beloved, briefly
Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
NnNnn
Lesley ___ Warren
"Buenos ___!"

Tie one's shoes: 2 wds.
The MacGuffin author, Stanley ___
Mr. Murray of The Tenors
___-de-camp
Stagger
Couplet
Afternoon hour

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Canned corn bit
- Horse play
- OR pro
- Sun-dried brick
- Byes, in Milan
- Recipe extras
- "___ a sandwich for you on the counter." (Kitchen chitchat)
- Less unkind
- Related maternally
- Some beans, variantly
- Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
- Farm song letters
- Nine: French
- Medieval meal
- "Lose Yourself" rapper
- Waikiki greeting
- Paved places
- Mad
- "Don't know ___ matters, but..."
- Toronto band
- "___-Di..." (Beatles song title bit)
- Ms. Sara, Canadian broadcaster
- French author, Pierre ___
- Ancient Egyptian goddess
- Carve in a name
- Fate
- Bldg. with chalkboards

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



-2°/-5°
Variable

Wednesday



0°/-6°
10+cm of snow
80%

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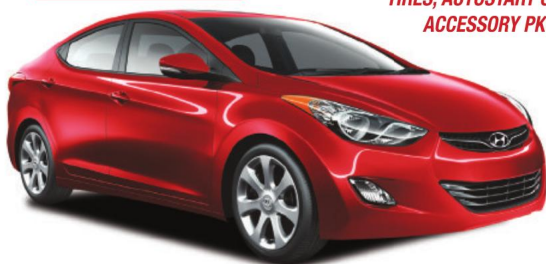
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